

Smart[]Health

Activity Library

2023 Quarter 4

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What is the SmartHealth Activity Library?

The SmartHealth Activity Library includes key details about the SmartHealth activities you will see each quarter such as the title, image, dates, and more.

How can I use this library?

There are many ways to use the library. Here is one quick example of how it can help plan your next wellness campaign:

1. Review the library to learn what is planned on SmartHealth.
2. Find an activity you want to promote.
3. Use the details to create your own promotional material such as a message or flyer.

How else can I promote SmartHealth?

We have ready-to-use resources to help our member employers support the well-being of both their staff and organization. These resources will help you quickly and easily plan and promote SmartHealth.

Where can I find these SmartHealth resources?

Washington Wellness works with member employers in the Public Employees Benefits Board (PEBB) and the School Employees Benefits Board (SEBB) programs. Just go to the webpage below based on the type of benefits you receive (PEBB or SEBB):

- [SmartHealth for PEBB](#)
- [SmartHealth for SEBB](#)

Are there more resources to help me build a wellness program?

Yes. Visit the [Washington Wellness website](#) to find more ready-to-use resources to support your work. You can also [contact your health promotion consultant](#) for more help. We offer strategic support, targeted trainings, and more.

2023 Quarter 4 Activities

Managers: Block Your Calendar for Heads-Down Time



Block Your Calendar for
Heads-Down Time

SEP. 25, 2023 - NOV. 12, 2023

15 points per week

Managers: Block Your Calendar for Heads-Down Time

block focused time

2 times / weekly

About this activity

As a manager, you may often feel pulled in a million directions. Supporting your team is important, but so is supporting yourself. For this activity, consider your weekly or daily calendar—are you setting aside enough focused time? This could look like uninterrupted time blocks for organizing your work, researching or analyzing projects or doing the type of work that requires extra concentration. Try setting aside time at least once a week for this.

Connect with a Friend to Lift Your Mood



Connect with a Friend to Lift
Your Mood

SEP. 25, 2023 - NOV. 12, 2023

15 points per week

Connect with a Friend to Lift Your Mood

connect with a friend

1 time / weekly

About this activity

Set a date to connect with a friend, family member or coworker. Even a simple phone call or shared coffee break can lift your spirits.

Relationships matter to our well-being!

Learn Something New



Learn Something New

SEP. 25, 2023 - NOV. 12, 2023

15 points per week

Learn Something New

learn or practice a new skill

1 time / weekly

About this activity

During times of stress, it's important to take care of your emotional well-being. One way to manage feelings of anxiety or stress is by learning or practicing a skill. Why? Simply put, by learning something new you'll feel better about yourself. Getting really good at something or adding to your skill set can increase your feelings of competency and efficacy—you'll feel like an expert. Try practicing a skill or learning something new once a week.

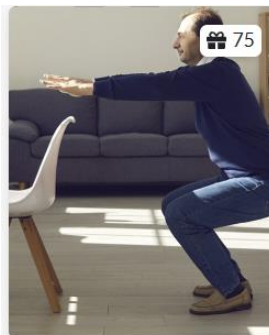
More Information

No matter if this new skill is for work or merely for fun, think about one new thing you could try this week.

- Work-related learning like online classes, reading a new book or trying a new skill
- Online conferences or workshops
- Cooking, baking or culinary skills
- Hobbies like playing an instrument or learning a craft
- Home-improvement or gardening skills
- Self-improvement or personal development like continued education and online learning
- Meditation, religious book clubs or spiritual learning
- Physical pursuits like perfecting your push-ups or practicing a new yoga position

What are you learning this week?

Loosen Up – Easy Office Stretches



Loosen Up - Easy Office
Stretches

SEP. 25, 2023 - NOV. 12, 2023

75 Points

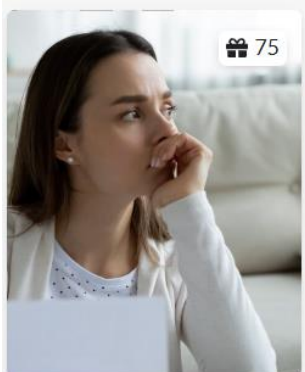
Loosen Up - Easy Office Stretches

finish each part of the lesson

About this activity

It's time to do some guided stretching! Practice good form with this video.

Dealing with Debt



75

Dealing with Debt

SEP. 25, 2023 - DEC. 28, 2023

75 Points

Dealing with Debt

finish each part of the lesson

About this activity

There's good debt and there's bad debt. Learn the difference and how to move forward with financial expert Chris Farrell.

Don't Break the Chain



25

Don't Break the Chain

SEP. 25, 2023 - DEC. 28, 2023

25 points per week

Don't Break the Chain

track a small commitment

1 time / weekly

About this activity

What small practice can you commit to doing every single week at work? How about going out of your way to make a coworker smile? Arriving at the office well rested and ready to jump into your work? Submitting your paperwork before the deadline?

Whatever it is, make it something that matters to you. Then, come back and track your progress here every week. Keep it consistent and don't break the chain!

Give to others for your well-being



Give to others for your well-being

SEP. 25, 2023 - NOV. 30, 2023

200 Points

Give to others for your well-being

give to others

About this activity

Helping others has been shown to be good for our mental health and well-being. It can give you a sense of purpose and make you feel happier and more satisfied with life.

More Information

When we help others, we can make a difference at home, at work, and in our communities. It can also heighten our capacity to get through the most challenging times. In short – when we perform selfless acts for others, we help our own well-being.

Here are some ways you can give to others:

Donate items (including money) to organizations

Contribute to charities at work

- State agency employees can give to charities through the [Combined Fund Drive](#) or agency fundraising events.
- Many school employees and employees of higher education institutions can donate to the [United Way](#) through payroll deductions. Ask your Human Resources department if your organization offers this option.

Volunteer

Visit these sites to find opportunities to volunteer:

- [Volunteer Match](#)
- [Serve Washington](#)
- [Washington State Parks Volunteer Program](#)
- [The Nature Conservancy Washington](#)

Give blood

You can visit any of the blood supply centers' websites below to make an appointment:

- [American Red Cross](#)
- [Bloodworks NW](#)
- [Cascade Regional Blood Services](#)
- [Vitalant Blood](#)

Be kind

- Call someone or send them a note to thank them for being in your life, or just to let them know you are thinking of them.
- Offer to rake your neighbor's leaves or mow their lawn.
- Send letters or care packages to deployed service members. The US Postal Service offers a free "[military care kit](#)" that include shipping boxes, envelopes, labels and tape

Other helpful resources

- [WA Secretary of State's Resources for Donors](#)
- [Charity Navigator](#) is the nation's largest and most-utilized evaluator of charities. They rate charities so that donors can make informed giving decisions.

If you are already helping others or giving back, great! Make sure you track it to earn SmartHealth points

Managers: Schedule a Fun Event



🎁 100

Managers: Schedule a Fun
Event

📅 SEP. 25, 2023 - DEC. 28, 2023

100 Points

Managers: Schedule a Fun Event

📘 help your team get to know one another

About this activity

Find a day and time that is open for everyone on your team, then schedule a fun event.

More Information

Whether the event is located at work or off site, the key to this activity is to create team bonding. As a manager, you know it is critical for your employees to work well together.

Set appropriate expectations in advance. For example, send out an agenda or let your employees know if casual attire is preferred.

Reduce One Recurring Expense



🎁 50

Reduce One Recurring
Expense

📅 SEP. 25, 2023 - NOV. 12, 2023

50 Points

Reduce One Recurring Expense

📘 lower one recurring expense

About this activity

Think about the bills you pay each month. Can you reduce the cost of any or remove one entirely?

If you are not getting much use out of a service, cancel it or switch to a lower-cost plan. If that seems too drastic, could you do it for a short time, such as just for the summer months

Treat Someone



Treat Someone

SEP. 25, 2023 - NOV. 12, 2023

50 Points

Treat Someone

buy someone a little treat

About this activity

If you feel like your finances are reasonably under control, buy someone a little treat today and take a moment to share in their happiness.

Work Out as One



Work Out as One

SEP. 25, 2023 - DEC. 28, 2023

100 Points

Work Out as One

join a local fitness event with your coworkers

About this activity

For this activity, gather your coworkers and sign up for a physical activity near you. The activity type or event is up to you: a local fun run or 5k charity walk, yoga class, weekend bike ride, or some other way to exercise together and work on your team spirit. There are plenty of ways to get moving and encourage one another to be physically active. Read more about how to do this below.

More Information

Not sure where to start? Read below for some tips about how to get started with this activity and complete the challenge.

Your action plan for this activity:

- Think about what type of fitness event or workout is inclusive of everyone in your group. You can do a search to find specific events, or simply plan a casual work-out together.
- This activity is individually tracked, not team tracked, so you don't need to join or form a team. Once you've completed your fitness event, log your activity.

Can't find an activity? Start your own! Find a location for your activity, like a community center, field or park, and start your own exercise class or team sport league. Consider making this a regular event with your coworkers.

Check on Others



Check on Others

NOV. 6, 2023 - DEC. 28, 2023

25 points per week

Check on Others

check in on others' well-being

1 time / weekly

About this activity

Offering support to the people around you (even just a simple email asking how their day is going) can be an immensely impactful.

More Information

Checking in is a way to show care to those who mean something to you. Sometimes a text message, quick phone call, or drop in can make the difference in someone's day.

Connect with Your Community



Connect with Your
Community

NOV. 6, 2023 - DEC. 28, 2023

100 Points

Connect with Your Community

connect with your community

About this activity

Getting better connected with your community will increase your sense of belonging.

You might join a local club, volunteer for a charity, participate in a community event or learn more about your region's history, flora or fauna. Use the comments field to record what you did—it might inspire someone to do something similar!

Cook at Home - Roasting



 75

Cook at Home - Roasting

 NOV. 6, 2023 - DEC. 28, 2023

75 Points

Cook at Home - Roasting

 finish each part of the lesson

About this activity

Dry heat and an open flame—THAT is what soulful cooking is all about. Practice your knife skills while roasting root vegetables and chicken.

More Information

Cooking centers the mind, connects you to others, and has a built-in reward system: Eating. In this course, Andrew Zimmern teaches you the skills to master your kitchen.

Get to Know Someone New at Work



 50

Get to Know Someone New at
Work

 NOV. 6, 2023 - DEC. 28, 2023

50 Points

Get to Know Someone New at Work

 have lunch with one new person

About this activity

Take a chance and schedule lunch with someone at work you don't know very well.

Ask what they like about their role and the company. Also, get to know them as a person. What are their hobbies? In what neighborhood do they live?

Building productive relationships at work will help you achieve more and feel more connected.

Money Anxiety and Dread



Money Anxiety and Dread

NOV. 6, 2023 - DEC. 28, 2023

15 points per week

Money Anxiety and Dread

i focus on financial tasks

≡ 10 minutes / weekly

About this activity

Pick a weekly "finances day" and set a timer for 10 minutes to work on money-related tasks. Consistent, short weekly sessions are better than a long, excruciating one followed by months of avoiding the issue.

More Information

Do you get anxious looking at your bills? Does just the thought of creating a budget overwhelm you?

First, take a moment to acknowledge that no matter how bad things might be today, avoiding your money issues will make them worse. That doesn't make you a terrible person!

Start with the weekly 10-minute sessions to build your tolerance and decrease your money-related anxiety. Over time, you will develop a regular check-in habit and be able to devote the time necessary to tackle your finances calmly and skillfully.

Reignite Old Friendships



Reignite Old Friendships

NOV. 6, 2023 - DEC. 28, 2023

75 Points

Reignite Old Friendships

i write or call an old friend

About this activity

Have you fallen out of touch with a friend or family member?

Don't delay any longer. Today, send a handwritten note, type a quick email or simply pick up the phone and call!

Seasonal Affective Disorder and You



🎁 75

Seasonal Affective Disorder
and You

📅 NOV. 6, 2023 - DEC. 28, 2023

75 Points

Seasonal Affective Disorder and You

📘 manage seasonal affective disorder symptoms

About this activity

If you start to feel low on energy or even slightly depressed when the days are shorter, you might suffer from seasonal affective disorder (SAD). Try at least one of the techniques below, to feel better during the fall and winter months.

More Information

The following strategies can help reduce seasonal affective disorder (SAD) symptoms:

- **Get more daylight:** Whenever possible, go outside and experience some natural light. Even sitting by a window may help.
- Take care of yourself with **regular exercise** and **good nutrition**.
- **Use your social network:** Spending time with friends and family can strengthen connections and give you opportunities to ask for help.

SAD can be a serious, life-threatening condition. If feelings of depression persist, **seek professional help**.

Strengthen Friendships at Work



🎁 100

Strengthen Friendships at
Work

📅 NOV. 6, 2023 - DEC. 28, 2023

100 Points

Strengthen Friendships at Work

📘 schedule lunch with a coworker

About this activity

Who are your closest friends at work?

Take the initiative to schedule lunch with each of them. Make an effort to talk about life—not deadlines and projects.